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All Aboard for the Good Breakfast Special

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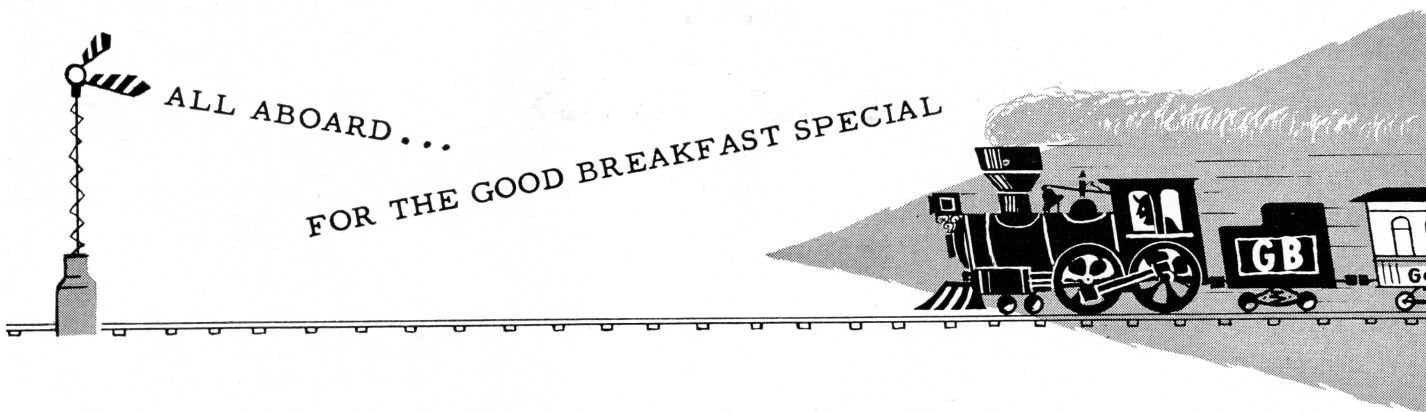
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Get aboard the "Good Breakfast Special" which is now leaving for Perky Personality, Mental Alertness, Physical Fitness and Greater Efficiency. Don't take the "Poor Breakfast Local" which goes to Listless Junction.

by Harriett Roberts

DO YOU start off on the right track every morning? The kind of breakfast you eat may make a difference in the way your whole day goes.

Studies show that, when a person eats a good breakfast, his reaction time is faster—he's quicker on the draw. His hands are steadier, he can do more work. And he gets less tired than when he goes without breakfast or eats very little. Some possible signs of a poor breakfast are irritability, hunger, failure to concentrate and that listless, tired feeling we call the "11-o'clock slump."

If someone told you that you had to go without food for 18 hours you'd probably complain. And yet that's what you do when you go without breakfast. From suppertime in the evening until noon the next day is just about that long. Our bodies need regular refueling and renourishing.

When Reducing . . .

If you're trying to lose weight, it's particularly important to make breakfast a part of your daily routine. People who have tried reducing diets with adequate breakfasts haven't had that hungry, empty feeling and the lack of pep and "tiredness" which often come with reducing. And they

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have less temptation to snack during the day.

Remember, it's the total number of calories eaten during the day that helps determine body weight. Skipping breakfast and then eating snacks get us nowhere. Very often, foods used for snacks are high in calories and don't provide many important nutrients. Every food in a reducing diet should add more than calories; it should provide minerals, vitamins or protein.

Table 1 shows the number of calories in some typical breakfasts and in some of the foods used for snacks. Note that there are no more calories in one of these good breakfasts than in many of the snacks—a soft drink and two doughnuts, for example.

Eating breakfast may also be a

good safety measure. When people don't eat breakfast they tire more easily, and it takes them longer to react. Accidents are more likely to happen when you're tired and less alert. In an emergency you need to be able to react quickly. It's no time to be shaky and slow.

Breakfasts in Iowa . . .

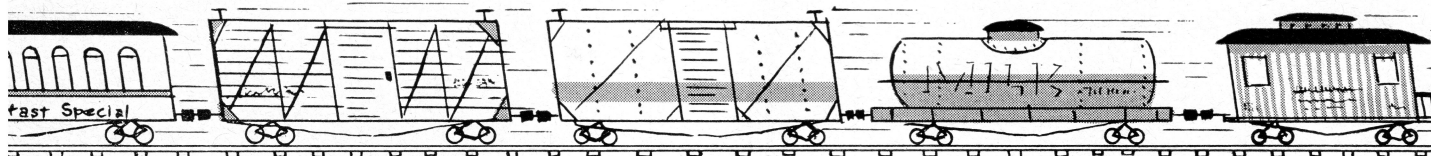
What about the breakfast habits of Iowans? It's been reported in IOWA FARM SCIENCE that the usual breakfast eaten by Iowans 17 to 19 and 46 to 58 years old is not nutritionally adequate. Also, only one child out of every 20 Iowa children has an unquestionably good breakfast every morning.

Furthermore, these studies show that few people manage to

TABLE 1. Calories in Typical Breakfasts and Snacks

Breakfasts			
Breakfast A	Calories	Breakfast B	Calories
Orange juice, ½ cup.....	50	Orange juice, ½ cup.....	50
Soft-cooked egg	77	Cooked cereal, ½ cup	75
Bread, 1 slice	60	Whole milk, ½ cup.....	55
Butter, 1 pat	50	Sugar, 1 teaspoon.....	16
Whole milk, 1 glass.....	140	Bread, 1 slice	60
Black coffee	—	Butter, 1 pat	50
	377	Whole milk, 1 glass.....	140
(Using skim milk instead of whole milk, 307)		Black coffee	—
			446
		(Using skim milk instead of whole milk, 352)	
Snacks			
Snack	Calories	Snack	Calories
8 oz. soft drink	107	2 large cookies	218
4 graham crackers	110	2 doughnuts	272
1 sweet roll	178	1 piece iced cake	322
1 small bag potato chips (1¼ oz.).....	192	10-cent candy bar with nuts.....	450

Meat Eggs Milk Fruit Toast Cereal



get a good day's diet when they get off to a bad start. For instance, if they don't get a vitamin C-rich fruit for breakfast, they don't seem to get it later in the day.

Having a pattern in mind as you plan breakfast helps insure getting a fair share of the nutrients needed during the day into the breakfast menu. This needn't mean a monotonous morning meal either. There are many possible combinations of food within such a pattern.

Vitamin C Essential . . .

First of all, include a vitamin C-rich fruit. Vitamin C isn't found in as many foods as some of the other nutrients are. We need to take a little more care to be sure we get enough of this vitamin. Table 2 lists some vitamin C equivalents. Note the wide range in the amount of vitamin C in some of our common fruits.

It's best to choose one of the fruits from the top of the list for breakfast so you'll get a good share of the day's vitamin C in an average-size serving. Actually, there's no reason why some of the other fruits can't be used for breakfast *if* you're sure to include some vitamin-C rich foods later in the day.

TABLE 2. Vitamin C Equivalents

Each of the following provides approximately the same amount of vitamin C (the amount an adult needs each day):

$\frac{3}{8}$	cup orange juice
1	medium orange
$\frac{1}{2}$	medium grapefruit
$\frac{3}{4}$	cup strawberries
$\frac{7}{8}$	cup grapefruit juice
$\frac{3}{8}$	cantaloupe (medium)
1	cup tangerine juice
3	medium tangerines
2	cups tomato juice
$3\frac{1}{2}$	cups pineapple juice
$7\frac{1}{2}$	cups apricots (canned, halves and sirup)
$7\frac{1}{2}$	medium bananas
9	quarts apple juice
9	quarts prune juice
Grape juice contains practically no vitamin C	

Don't Forget Proteins

Another important part of our breakfast pattern is a protein-rich food. Proteins are important. They're composed of substances called amino acids—the building blocks for the tissues that make up our bodies. They might be compared to the bricks, mortar and lumber that go into the building of a house. We also need proteins for constant repair of our bodies. If we have a protein-rich food at breakfast, it's a good start toward getting enough during the day to meet our needs.

There are other good reasons for making a protein-rich food a regular part of the breakfast pattern. Whether or not you have some good source of animal protein—such as eggs, meat, cheese or milk—at breakfast may make a difference in how well you use the protein from your whole day's food. If a protein-rich food is missing at breakfast, the period from suppertime one night to lunch the next day is so long that, even when the body gets some protein later, it doesn't make as efficient use of it.

This is particularly true if the calorie or protein content of your total diet is low. The nutrients work as members of teams to get various jobs done in the body. If one or two members of a team are missing, the body tries to limp along without them. But it just can't be as efficient. Going back to the building of a house—if we try to skimp along with fewer shingles on the back part of the roof, we can hardly expect the roof to be as efficient in keeping out rain.

Also, proteins keep good companions. If you include protein-rich foods in your meals, you're bound to get some other valuable things like the B-vitamins and minerals. And protein-rich foods

keep us from getting hungry so soon. We feel satisfied after a meal including these foods—"it sticks to our ribs."

We Need Milk

Milk certainly is one possibility for a protein-rich food at breakfast. Also give it special consideration because of its rich supply of calcium. Calcium isn't found in many foods. Of the common foods we use, milk is the richest source.

It's recommended that children and young people have 3 to 4 glasses of milk a day to provide enough calcium for their needs. Adults need calcium too. Two cups of milk a day will meet your usual needs, and eating milk on cereal or drinking milk for breakfast are good ways of getting milk into your diet. Milk at breakfast is a good idea from the standpoint of providing both sufficient protein and calcium.

You need additional food in the breakfast pattern to provide energy for the morning. This might be a breadstuff such as toast, muffins or rolls with butter or fortified margarine. Or it might be a breakfast cereal. These foods also will supply more of the B-vitamins and minerals that the body needs during the day.

The Whole Pattern . . .

Each part of this pattern has its own job in furnishing foods and nutrients. Breakfast menus can be made interesting and appealing by serving different forms of the "pattern" foods. The menus suggested here are just a few of the possibilities. They vary from a light to a fairly heavy breakfast. Each menu has a vitamin C-rich food, some protein-rich food, milk and additional foods to supply energy as well as nutrients.

1

Cantaloupe
Prepared whole grain or enriched cereal with eggnog topping
Whole-grain or enriched toast
Butter

Coffee

2

Banana chunks in orange juice
French toast
Sirup or preserves
Link sausages
Milk

Coffee

3

Tomato juice (hot or cold)
Baked eggs
Muffins

Butter

Honey

4

1/2 grapefruit
Scrambled eggs with ham
Whole-grain cereal cooked in milk and topped with whole milk
Cinnamon toast
Hot cocoa

Coffee

For a quick breakfast and a different way of using eggs, try an eggnog topping for prepared cereal. Here's how it's done: Beat one egg slightly; add 2/3 to 1 cup milk, 1 teaspoon sugar and a few drops of vanilla; beat or shake until mixed. Serve in a pitcher, and use instead of sugar and cream on cereal.

Milk and Cereal . . .

Cereals contain what are sometimes called "incomplete proteins." That is, certain of the amino acids necessary to build body tissues are missing in some of the proteins of cereals. Milk contains "complete" proteins and provides the amino acids the cereals lack. So cereal eaten with milk makes a combination that supplies the body needs better than cereals eaten with cream. Cream is mostly fat. It has little protein; it can't supplement the proteins of the cereals. Having cereal with milk rather than cream is especially important for "weight-watchers" and for people who don't drink milk or eat an egg or meat for breakfast.

Cooking cereals in milk is a good way of getting milk into the diets of those people who don't like to drink it. Cereals may be cooked using fluid milk in place of

water. Or, nonfat dry milk solids may be mixed with dry cereal before adding it to the water—use 1/4 cup nonfat dry milk solids for each cup of water.

When children tire of breakfast and make unusual requests, it helps to keep this breakfast pattern in mind. Remember that certain types of food are important because of the nutrients they contain.

Suppose your child wants a toasted cheese sandwich for breakfast. The cheese is rich in protein and calcium, and the whole-grain or enriched bread has nutrients similar to breakfast cereals. Add a glass of orange juice and a glass of milk, and the child has an acceptable breakfast. Breakfast in an unusual form—a glass of orange juice, a glass of eggnog and a slice of buttered toast—may appeal to a lagging appetite.

Get the Habit

Perhaps the real problem is how to develop the habit of starting off on the "Good Breakfast Route" every morning. We develop other habits because we know they have benefits. Most of us brush our teeth not so much because we feel like it—but because we realize it protects the health and appearance of our teeth. There are many good reasons for eating breakfast. It should be one of the things you do automatically in your morning schedule.

Here are a couple of ideas for those who think they "can't face food" in the morning. If you're not in the habit of eating breakfast, you may need to pamper yourself at first by eating small amounts and gradually working up to average-size servings. It's a bit hard to work up much enthusiasm about anything right after getting out of bed. Doing some of the outdoor chores, making the bed and picking up the room, taking a walk through the garden or,

for the children, playing out-of-doors for 10 or 15 minutes before sitting down at the table will give a little time for development of your appetite.

Allow Enough Time . . .

Besides getting in the habit, it's important to have enough time for breakfast. It's no wonder children lose their appetites and refuse food if they must grab breakfast "on the run" to catch the school bus—accompanied by warnings to "hurry and eat or you'll be late." A few minutes extra sleep in the morning is a poor substitute for breakfast. Remember that, except for calories, nutrients missed at this meal are seldom made up during the day!

One of the best ways to develop good breakfast habits is for the whole family to eat together. All members of the family need breakfast. Children tend to imitate their elders. So Father and Mother can show by example that a good breakfast is the best way to start the day. Also, members of a family have a better breakfast when some one person in the home takes the responsibility of preparing the meal than when each member is left to get his own breakfast.

Make the meal as attractive as possible. A little pre-planning of the menu, a few extra minutes to set the table nicely—so the family doesn't have to look at the loaf of bread in the wrapper and the milk carton—together with a little pleasant table conversation may go a long way in developing better breakfast habits.

A good breakfast is a good start to a good day. It's an investment worth making. It may pay dividends of more pep, greater efficiency and better health. Be sure of getting your fair share of the nutrients for the day by eating a breakfast containing a vitamin C-rich fruit, a protein-rich food, milk and other foods to provide enough energy.

